

Membership Prices



- **Adult**
One Year - \$325
6 Months - \$225
- **Senior (62+), College Students, Military**
One Year - \$275
6 Months - \$200
- **Juniors (12-17)**
One Year - \$125
*under 13 must have adult supervision
- **Corporate Discount (min. 6 employees)**
One Year - \$275
- **Day Pass**
\$10.00

All new members must show proper identification to receive discounts.

Other Services:

Locker Rental \$50/year
Personal Training discount packages available

EFT – Electronic Funds Transfer

(must have necessary bank account information)

\$0 Down \$29.99 Per Month, 12 month min.
*Monthly fee charged the first of every month,
late fees do apply

EFT Add-On Options and Services

(Monthly Rates, 6 Month Min.)

Lockers - \$4
+ 1 Personal Training Session - \$35

Personal Training

Body Composition testing (body fat) and tracking - \$20

Personalized training routines:

\$25.00 rotating 2 week
\$50.00 rotating 4 week

Session Fees:

\$50.00 one 60 minute session
\$45.00 when purchasing 5+
\$40.00 when purchasing 10+

*Body composition analysis and tracking are included with purchase of 5+ sessions.

Beginner Training Package - \$150

Program includes:

1. Initial consultation
2. Body composition analysis and continual tracking when applicable
3. Body measurement tracking
4. Fitness evaluation & re-evaluation
5. Personalized training routines
6. Nutritional plan personalized for client
7. (4) individual 30 minute training sessions to establish and maintain an exercise routine

Advanced Training Package - \$225

Program Includes:

1. All of the benefits of the Beginner Package
2. (4) 60 minute sessions

Group discounts are available, please ask our staff for details.

Our Trainers



Rob Hosner

Master Certified AFPA Trainer, author of "The Clean Eating Lifestyle," specializing in fat burning, holds over 20 years of training experience. Rob has obtained degrees in Sports Management and Athletic Training.

Rich Altieri

Certified Russian Kettlebell Instructor, one of a select few in New York State

Michael Altieri

AHFPTA Certified, specializing in strength, ropes, group classes, conditioning and kettlebell

John Sumpter

AHFPTA Certified trainer, specializing in strength and conditioning



Included with Membership

- Premium Resistance & Cardio Equipment
- Use of Locker Rooms
- Sauna
- Group Exercise Classes

Group Exercise

- Free Weight • Spinning • Body Bar Fit • XFIT
- 80s Aerobics • Butt Blaster • Cardio Kick & Step
- Cardio Kick Boxing • Kick Line Aerobics
- Dance Step • Fit For Life • Hip Hop Cardio
- Hip Hop Cardio Kick • Inferno • Karate
- Zumba • Pilates • Yoga • Step • Body Pump

\$15 Classes:

Extreme Circuit • Kettlebell • Ropes Gone Wild



Did you know?

Most Health Insurance companies will reimburse you up to \$300 a year for your membership fees. *Ask our staff for details.*

Fitness Center Hours

Monday- Thursday

4:30 am - 10:00 pm

Friday

4:30 am - 9:00 pm

Saturday

6:00 am - 4:00 pm

Sunday

7:00 am - 4:00 pm



Alpin Haus Fitness Center

4852 Route 30N

Amsterdam, NY

Contact us:

518. 842.8383

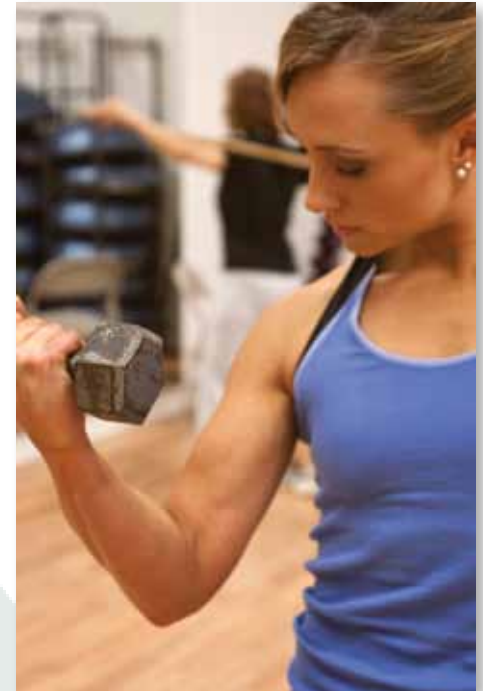
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For more information:

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Alpin Haus Fitness Center



PRICING & CLASSES